GOLDEN SYRUP TARTS
LYLE'S GOLDEN SYRUP
ABRAM LYLE & SONS
OUT OF THE STRONG CAME FORTH SWEETNESS
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Some Every-Day Dishes

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SOME
EVERY-DAY DISHES

Being a number of Tasty,
Nutritious and Economical
COOKERY RECIPES
for use with

LYLE'S GOLDEN SYRUP

12th Edition

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APPOINTMENT

TO HIS MAJESTY
THE KING

TATE & LYLE, LTD.,
LONDON

Sole Manufacturers of

LYLE'S GOLDEN SYRUP

SOME EVERY-DAY DISHES

IN THE KITCHEN very great care should be exercised to see that all articles of food—especially those in frequent or general use—are of the highest purity and greatest nutriment possible, otherwise the health and general welfare of the family may suffer.

The high standard of purity, the exceptionally nutritious properties, and the general excellence of LYLE'S GOLDEN SYRUP, together with the manifold uses to which it can be put, have deservedly brought it into great prominence and general favour with all who practise the culinary art.

With its aid many nourishing and extremely tasty delicacies are available, which also have the additional merit of being inexpensive and economical.

A few Recipes of some well-known puddings, cakes, tarts, &c., in every-day use, will be found on the following pages, and which may prove useful to some of the many consumers of

LYLE'S GOLDEN SYRUP,

or any whose duties include cooking in some form or other.

A FEW USEFUL HINTS

IN COOKING, as with most other things, careful practice, together with the use of one's power of observation, do much to produce excellence.

Considerable time may be saved and better results achieved if the peculiarities of the various ingredients are watched and carefully noted.

Like many other articles of food, Golden Syrup requires a little special attention during the cooking process, and some treatment peculiar to itself and articles of its class, which if neglected may give trouble and cause failure. Golden Syrup is, of course, closely allied to sugar, and, like many sugar compounds, it is liable to burn if subjected to too great heat in the oven. Care should therefore be exercised to see that—except where expressly directed otherwise—cakes, &c., containing Golden Syrup are baked in a slow to a moderate oven. Occasionally it happens that to get a certain result a greater heat is desirable, but in the few instances where this is necessary it is always clearly stated.

Before commencing cooking it is well to see that the oven has been brought to the desired temperature, and that all the required articles are in readiness. It is, of course, essential to success that all ingredients should be carefully prepared and thoroughly mixed, and that, with cakes, &c., in particular, directly

the mixing process is complete the mixture be at once placed in the oven, and, if possible, not moved until it is set.

With the Pudding recipes the basin containing the pudding mixture should be put into boiling water and on no account allowed to stop boiling. It will be found that better results are obtained if it is kept boiling fairly fast and the water kept about one inch below the top of the basin.

With the Cake recipes the results will generally be more satisfactory if a good caster sugar, such as Tate's finest Caster sugar, is used in the mixing.

LYLE'S GOLDEN SYRUP will more readily mix with other ingredients if it is slightly warmed.

Occasionally when using very hard flour it may be necessary to add more moisture than is given in the recipes to bring the mixture to the required consistency. In such cases a little milk may be added with advantage.

The method often adopted of guessing at quantities, although occasionally successful, is very uncertain and one to be deprecated.

The careful weighing of all contents is, of course, the most desirable process, but where this is found troublesome very good results may be obtained by measuring according to the table given on page 43, which gives the approximate weights of the contents of measures that are always at hand, and doubtless this table will prove very useful to many.

It is almost needless to add that in all cookery processes scrupulous cleanliness should be observed.

LYLE'S GOLDEN SYRUP is a nutritious and digestible food in an agreeable form, yielding the full "muscular energy" value of sugar. It is carefully prepared under scientific supervision, and its purity and excellence have been attested by some of the highest authorities, and it is recommended as purer and more wholesome than raw sugar and the old-fashioned molasses.

The Golden Syrup has no action on the tins in which it is packed, and micro-organisms do not grow in it.

In modern commerce there is probably no better example of the public appreciation of true merit combined with honest value than is instanced by the present enormous and increasing demand for Lyle's Golden Syrup, which, second only to its intrinsic merits, owes its present position as an important food product to that best of all testimonials, the private recommendation of one person to another. Owing in some measure to this, and to the improved methods of manufacture, the proprietors are enabled to give the very best

article of its kind at a price that is practically the same as is often charged for common syrups or molasses.

The absolute purity of Lyle's Golden Syrup has been proved by the reports of many of the leading analysts of the day ; while its exquisite flavour and delicate appearance are appreciated at the tables and in the nurseries of all classes throughout the country from the castle to the cottage.

As a food of great nutriment, and possessing many healthful properties, it is extremely useful and much sought after for children as well as for those of older growth. Its gentle laxative effect makes it an important article of children's diet, and a pleasant substitute for fruit, while it has the additional merit over jam or other similar foods that there is no possibility, through accident or otherwise, of its becoming contaminated with impure or over-ripe fruit.

GOLDEN SYRUP PUDDING.

Flour	6 ozs.
Suet (shredded)	3 ozs.
Sugar	1 tablespoonful
Mixed Spice	½ teaspoonful
Carbonate of Soda	½ teaspoonful
Milk	½ teacupful
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Mix suet with the flour, add in the sugar and spice, dissolve the soda in the milk and mix all together, finally warm the Golden Syrup and add same.

Pour into a greased basin, cover with greased paper, tie in a cloth and boil fairly fast for two hours.

Serve with sweet sauce or Golden Syrup.

A tablespoonful of Syrup put into the basin before putting in the mixtures improves the appearance.

GINGER PLUM PUDDING.

Bread Crumbs	8 ozs.
Suet (shredded)	3 ozs.
Raisins	3 ozs.
Salt	A pinch
Ground Ginger	1 teaspoonful
Carbonate of Soda	½ teaspoonful
Milk	1 tablespoonful
1 Egg	
LYLE'S GOLDEN SYRUP ...	4 tablespoonfuls (about 8 ozs.)

Mix suet with the bread crumbs, and to this add the raisins, ginger and salt. Dissolve the soda in the milk, and mix all the ingredients except the Golden Syrup, which add last ; beat it well together and pour into a buttered basin covered with greased paper and boil fairly fast for two hours.

VALENCIA PUDDING.

Flour (Self Raising)	4 ozs.
Suet	4 ozs.
Stoned Raisins	4 ozs.
Milk	1 teacupful
Lyle's Golden Syrup ...	1½ tablespoonfuls (about 3 ozs.)

Chop both raisins and suet fine, mix same with the flour, add Syrup and milk, well stir together, and pour into a greased mould and boil for one and a half hours.

LONDON PUDDING.

Flour	1 lb.
Lard	2 ozs.
Margarine	2 ozs.
Baking Powder	2 teaspoonfuls
Lyle's Golden Syrup ...	3 tablespoonfuls (about 6 ozs.)

Rub the lard and margarine into flour, slightly warm Syrup and add same, mix well together, finally adding the baking powder.

Pour into a greased basin, cover with grease-proof paper, tie in a cloth and boil for two hours.

Serve with sweet sauce or Lyle's Golden Syrup.

FIG PUDDING.

Flour	4 ozs.
Bread Crumbs	4 ozs.
Suet	4 ozs.
Figs	8 ozs.
Sugar	2 ozs.
1 Egg	
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Chop figs and suet, mix same with flour, bread crumbs and sugar, beat up egg and add it with the Syrup ; well mix and pour in a greased basin, cover with grease-proof paper and tie in a cloth and boil for two hours or more.

A lighter pudding can be made if all bread crumbs are used instead of part bread crumbs and part flour

BREAD PUDDING.

Baked Bread Crumbs	4 ozs.
Currants	3 ozs.
Sugar	1 tablespoonful
Lemon Peel	½ oz.
Mixed Spice (or Ground Cinnamon)	½ teaspoonful
Pinch of Salt	
1 Egg	
Milk	1 pint
LYLE'S GOLDEN SYRUP ...	1 tablespoonful (about 2 ozs.)

Heat the milk and pour it over the bread crumbs, add all the other ingredients except Syrup, which mix in last ; well stir the whole and bake in a hot oven for half an hour to an hour.

ECONOMICAL RAISIN PUDDING.

Flour	½ lb.
Suet	¼ lb.
Raisins (stoned)	4 ozs.
Carbonate of Soda	½ teaspoonful
Milk	1 teacupful
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Having chopped the suet, mix it with the flour and raisins. Dissolve the soda in the milk, mix all together, finally adding the Syrup ; beat it well, tie in a cloth and boil for two hours.

HALF PAY PUDDING.

Bread Crumbs	¼ lb.
Flour	¼ lb.
Suet (shredded)	¼ lb.
Currants	¼ lb.
Raisins	¼ lb.
Salt	A pinch
Milk	1 teacupful
Baking Powder	1 teaspoonful
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Mix dry ingredients together, add Syrup, and with sufficient milk work into a stiff batter, beat the batter well, and pour into a greased basin, cover with greased paper, tie in a cloth and boil for two hours.

CHRISTMAS PUDDING.

Flour	¾ lb.
Bread Crumbs	¾ lb.
Suet	1 lb.
Stoned Raisins	1¼ lb
Sultanas	1 lb.
Currants	1 lb.
Candied Peel	¾ lb.
Almonds	4 ozs.
Sugar	½ lb.
4 Eggs	
Mixed Spice	2 teaspoonfuls
LYLE'S GOLDEN SYRUP ...	3 tablespoonfuls (about 6 ozs.)

Chop the suet, almonds and candied peel, mix all dry ingredients together, beat up the eggs and add them with the Syrup, well mix and put into a greased basin, and cover with greased paper, tie in a cloth and boil for eight hours.

APPLE ROLL.

Flour	½ lb.
Suet, Shredded	¼ lb.
Salt	A pinch
Baking Powder	1 teaspoonful
2 large Apples	chopped small
Bread Crumbs	2 tablespoonfuls
Sultanas	1 tablespoonful
Juice and rind of 1 Lemon	
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Mix the flour, suet, salt, and baking powder with sufficient water to make a stiff paste and roll out to about ¼ inch thickness. Mix together in a basin the apples, Syrup, lemon, sultanas, and bread crumbs, and spread on the paste, roll up, pinching the ends well together. Tie in a cloth and put in boiling water and boil for 1½ to 2 hours.

DATE PUDDING.

Bread Crumbs	6 ozs.
Suet (shredded)	4 ozs.
Dates (stoned)	¾ lb.
Salt	A pinch
1 Egg	
Almonds	½ oz.
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Chop dates, cut the almonds, beat the egg and mix all the ingredients well together, pour into a buttered basin, cover with greased paper, tie down and boil fast for two hours, keeping the water an inch below the top of the basin.

BOILED COLLEGE PUDDING.

Bread Crumbs	4 ozs.
Suet (shredded)	4 ozs.
Currants	2 ozs.
Sultanas	2 ozs.
Ground Nutmeg	A pinch
Candied Peel	A few strips
1 Egg	
Milk	
Baking Powder	½ teaspoonful
LYLE'S GOLDEN SYRUP	2 tablespoonfuls (about 4 ozs.)

Mix all dry ingredients, beat the egg and add this with the Syrup to the above and moisten with a little milk if necessary, beat well together and pour into small moulds (or cups) well greased—or a greased basin—and boil for one hour.

LIGHT SUET PUDDING.

Flour (Self Raising) ... ... 8 ozs.
Suet (shredded) ... ... 4 ozs.
Salt ... ... A pinch
LYLE'S GOLDEN SYRUP

Mix flour, suet and salt together, add a little milk or water and work into a stiff dough, tie in a cloth and boil for one hour, and serve it with Lyle's Golden Syrup.

NOVEMBER PUDDING.

Bread Crumbs ... ... 1 teacupful
Suet ... ... 1 teacupful
Currants ... ... 1 teacupful
1 Egg
Mixed Spice ... ... A pinch
Carbonate of Soda ... ... ½ teaspoonful
Milk ... ... 1 tablespoonful
LYLE'S GOLDEN SYRUP ... 3 tablespoonfuls (about 6 ozs.)

Chop the suet, mix same with bread crumbs, currants, and spice, add the Syrup, dissolve the soda in the milk, and well mix all together ; pour in a greased basin, cover with greased paper, and boil for two hours, keeping the water an inch below the top of the basin.

BOILED BREAD PUDDING.

Bread Crumbs	3 ozs.
Flour	1 oz.
Margarine	1 oz.
Raisins	1 oz.
Carbonate of Soda	¼ teaspoonful
Milk	1 tablespoonful
Mixed Spice	¼ teaspoonful
LYLE'S GOLDEN SYRUP ...	1 tablespoonful (about 2 ozs.)

Warm the Syrup and margarine and mix same ; to this add the flour, bread crumbs, raisins and spice, dissolve the soda in the milk and add this to the whole and well mix ; pour into a greased mould and boil for one hour or more.

Serve with sweet sauce or Lyle's Golden Syrup.

IMPERIAL PUDDING.

Bread Crumbs	4 ozs.
Sugar	1 oz.
Margarine	2 ozs.
Raisins (chopped)	3 ozs.
Candied Peel	1 oz.
1 Egg	
Juice of a Lemon	
LYLE'S GOLDEN SYRUP	2 tablespoonfuls (about 4 ozs.)

Slightly warm margarine, sugar and Syrup together and beat to a cream, add these to the dry ingredients, finally adding the egg and lemon juice ; well mix, and pour into a greased basin and steam or boil for one and a half hours.

GINGER PUDDING

Flour (Self Raising)	6 ozs.
Suet (shredded) (or Margarine)	2 ozs.
Ground Ginger	1 small teaspoonful
Crystallized Ginger	2 ozs.
Salt	A pinch
1 Egg	
Milk	¼ pint
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Mix suet with all dry ingredients, beat the egg and add this with the milk and Syrup, well stir the whole. Put a tablespoonful of Syrup in a greased basin, pour in the mixture and steam (or boil) for two hours.

Serve with sweet sauce or with Lyle's Golden Syrup

LEMON SYRUP PUDDING.

Bread Crumbs	3 ozs.
Flour	3 ozs.
Suet (shredded)	4 ozs.
Rind and juice of one Lemon	
1 Egg	
Milk	½ teacupful
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Grate the lemon rind and mix this with the flour, suet and bread crumbs, then add the egg, lemon juice and Syrup, and, lastly, the milk; beat all together, pour into a greased basin and steam (or boil) for two hours.

BOURNEMOUTH PUDDING.

Bread Crumbs	4 ozs.
Suet (shredded)	4 ozs.
Bicarbonate of Soda ...	½ teaspoonful
Ground Ginger	1 heaped teaspoonful
(*or* Crystallized Ginger chopped fine)	1 oz.
1 Egg	
Lyle's Golden Syrup ...	2 tablespoonfuls (about 4 ozs.)

Mix suet with the bread crumbs, ginger and soda, well beat the egg and add same with the Golden Syrup. Mix thoroughly, put in a greased basin and boil for two hours.

Serve with hot sauce made by putting two tablespoonfuls of Lyle's Golden Syrup into a saucepan and add the juice of half a lemon, put on a fire, stir well till thoroughly hot.

STEAMED SPONGE PUDDING.

Flour	4 ozs.
Lard (or Margarine)	2 ozs.
Sugar	2 ozs.
Salt	A pinch
1 Egg	
Baking Powder	2 teaspoonfuls
A little Milk	
Lyle's Golden Syrup ...	2 tablespoonfuls (about 4 ozs.)

Rub the lard, flour, sugar, baking powder, and salt together, beat the egg, mix it with the above ingredients, and add a little milk as required. Grease the basin and put the Golden Syrup in same and pour the mixture on it. Cover with a greased paper and steam or boil for one and a half or two hours.

Self Raising flour can be used instead of ordinary flour, in which case no baking powder is necessary.

GRANGE PUDDING.

Flour	4 ozs.
Margarine	4 ozs.
Caster Sugar	2 ozs.
1 Egg	
Carbonate of Soda	½ teaspoonful
Lyle's Golden Syrup ...	2 tablespoonfuls

Very slightly warm the margarine, Syrup and sugar together and beat to a cream, add the egg, beat well, stir in the flour, dissolve the soda in a teaspoonful of hot water, add same and beat well, put a tablespoonful of Lyle's Golden Syrup in a greased basin and pour in the mixture, cover with greased paper, tie in a cloth and boil for one and a half hours.

APPLE BATTER.

Pare and core 4 good cooking apples. Place them in a greased pie dish just large enough to hold them, half fill the space from core with sugar and fill the remainder of the space with Lyle's Golden Syrup. Make a batter with 4 tablespoonfuls of flour, 1 egg and a small cup of milk. Pour this round the apples and bake ¾ hour to one hour.

GOLDEN SYRUP ROLL.

Flour	½ lb.
Suet	4 ozs.
Salt	A pinch

LYLE'S GOLDEN SYRUP.

Chop the suet fine, mix flour, salt and suet together with sufficient cold water to make into a stiff dough, roll this out on a board to ¼ in. thickness, spread it evenly with the Golden Syrup, sprinkling the Syrup with bread crumbs, and roll it up, pinching the ends well together.

Tie in a cloth and boil for one hour.

This pudding can also be made by putting several layers in a greased basin, putting Syrup and bread crumbs between each layer, and boiling in the ordinary way.

GOLDEN SYRUP TARTS.

Flour ... ... ½ lb.
Bread Crumbs
Lard ... ... 2 ozs.
Margarine ... ... 2 ozs.
Baking Powder ... ... ½ teaspoonful
Lyle's Golden Syrup

To make the pastry, rub half the lard and margarine lightly into the flour, mix gradually with water to a stiff dough, roll out and spread the remaining margarine and lard over the paste, fold and roll several times, and finally roll out to ¼-in. thickness. Place same in tart tins, fill each with a teaspoonful of Syrup, into which drop a teaspoonful of bread crumbs. Bake in a hot oven for twenty minutes.

Self-raising flour can be used instead of ordinary flour, in which case no baking powder is necessary.

ORANGE TART WITH SYRUP.

Flour ... ... 8 ozs.
Margarine ... ... 4 ozs.
Baking Powder ... ... 1 small teaspoonful
2 Oranges
Bread Crumbs
Lyle's Golden Syrup

Rub the margarine into the flour and baking powder, mix with sufficient cold water to form a stiff paste. Fold and roll out three times, finishing to ¼ inch thickness, and line a sandwich tin with the paste.

Peel the oranges, removing all white pith and pips. Divide them in sections and place the sections in rows round the tin with a small space between each section. Pour two tablespoonfuls of Lyle's Golden Syrup over the fruit and sprinkle about two tablespoonfuls of bread crumbs over this. Lay strips of pastry lattice fashion across and bake not too quickly, to a nice golden brown, say in about 20 minutes.

LEMON SYRUP TART.

Flour	½ lb.
Lard (or Clarified Dripping)	3 ozs.
Caster Sugar	2 tablespoonfuls
Baking Powder	1 teaspoonful
Salt	A pinch
Bread Crumbs	1 heaped teacupful
The Juice of a Lemon	
LYLE'S GOLDEN SYRUP ...	3 tablespoonfuls (about 6 ozs.)

To make the pastry, mix the flour, sugar, baking powder and salt together and rub the lard or dripping lightly into same, using sufficient cold water to make a firm paste ; roll this out and grease a tin and cover it with same.

Then put the bread crumbs, juice of lemon and Syrup in a basin and mix well, and spread the mixture on the pastry, laying strips of pastry lattice fashion across the top. Bake in a hot oven for half an hour.

If desired, the bread crumbs and lemon can be omitted and desiccated cocoanut substituted for same.

AFTERNOON TEA CAKES.

Flour	6 ozs.
Margarine	2 ozs.
Caster Sugar	1 oz.
Crystallised Ginger (chopped) ...	2 ozs.
1 Egg	
Baking Powder	1 small teaspoonful
LYLE'S GOLDEN SYRUP	2 ozs.

Mix the margarine, sugar and Syrup together, beat to a cream, add the egg, mix in the flour and ginger, and beat well. Add the baking powder and stir thoroughly and bake in small tins or baking cases ; sprinkle the tops with sugar before placing in the oven, and bake for about 20 minutes.

SYRUP SCONES

Flour	1 lb.
Lard or Margarine	2 ozs.
Sultanas	1 oz.
Carbonate of Soda	¾ teaspoonful
Tartaric Acid ... ... (free from lumps)	½ teaspoonful
Buttermilk or Sweet Milk ...	1 teacupful
LYLE'S GOLDEN SYRUP ...	1 tablespoonful (about 2 ozs.)

Put the flour into a basin and thoroughly mix in the margarine, sultanas, soda and acid ; pour the Syrup into the milk and add this to the dry ingredients, working it into a smooth, soft paste ; knead as little and quickly as possible, roll it out to half-inch thickness, cut in rounds and bake rather slowly on a moderately hot girdle or in a moderate oven.

WHOLEMEAL SCONES.

Wholemeal	6 ozs.
Flour	2 ozs.
Lard or Butter	2 ozs.
Raisins	2 ozs.
Baking Powder	2 teaspoonfuls
Salt	A pinch
A little Milk	
LYLE'S GOLDEN SYRUP ...	3 tablespoonfuls

Rub the lard or butter into the flour, add the remaining dry ingredients, warm the Syrup, and with this and a little milk mix the whole to a stiff paste.

Make into two rounds and mark in four, and bake in a fairly hot oven for twenty to thirty minutes.

PARKIN.

Oatmeal—medium grain	½ lb.
Flour	¼ lb.
Sugar	¼ lb.
Lard	¼ lb.
Ground Ginger	½ oz.
Mixed Spice	½ teaspoonful
Carbonate of Soda	½ teaspoonful
Milk	1 dessertspoonful
Lemon Peel	A few strips
LYLE'S GOLDEN SYRUP	3 tablespoonfuls (about 6 ozs.)

Put the oatmeal, flour, sugar, spice and ginger into a basin, and rub in the lard, dissolve the soda in the milk and add this with the Syrup, well mix into a stiff paste.

Grease some small tins or rings, and put the mixture into these, placing two or three strips of lemon peel on each.

Bake in a moderate oven for half an hour.

To glaze them, brush over the surface lightly with milk when partly baked.

RICH PARKIN.

Oatmeal	1 lb.
Lard	½ lb.
Butter	½ lb.
Sugar	¼ lb.
Ground Ginger	1 oz.
LYLE'S GOLDEN SYRUP	1 lb.

Melt the lard and butter together and mix same with the Syrup, add dry ingredients, mixing all thoroughly. Spread in greased tins, and bake in a slow oven for two hours.

When taken from the oven mark it across with a knife, and when cold it can be cut or broken into cakes.

Many people prefer Parkin three or four days old, when it is quite soft.

BRANDY SNAP.

Flour	½ lb.
Sugar	¾ lb.
Butter	6 ozs.
Ground Ginger	¼ oz.
LYLE'S GOLDEN SYRUP ...	4 tablespoonfuls (about 8 ozs.)

Beat the butter and sugar to a cream, add the flour and ginger, and, finally, the Syrup, well mix and stand it in a hot place till it is of a thin creamy consistency, spread thinly on well-greased tins and bake in a hot oven. (When baked keep in air-tight tins.)

LONDON BRANDY SNAP.

Flour	3 ozs.
Butter	2 ozs.
Caster Sugar	1 oz.
A few drops of the juice of a Lemon	
LYLE'S GOLDEN SYRUP	3 ozs. (1½ tablespoonfuls)

Put the butter, sugar and Syrup in a saucepan and melt slowly. Stir in the flour, spread a tablespoonful of the mixture thinly over the centre of a sandwich tin and bake fairly slowly for about 6 or 7 minutes or until brown, and remove from the tin by inserting a knife carefully under them and roll them up, storing in air-tight tins.

GINGER NUTS.

Flour	10 ozs.
Butter or Lard	4 ozs.
Sugar	4 ozs.
Ground Ginger	1 tablespoonful
Carbonate of Soda ...	½ teaspoonful
LYLE'S GOLDEN SYRUP ...	3 tablespoonfuls (about 6 ozs.)

Slightly warm the butter, sugar and Syrup and beat to a cream, add the flour and ginger, dissolve soda in a little cold water; mix and work all up into stiff dough (adding more flour if necessary), pull off pieces the size of a nut and bake on well-buttered tins in a quick oven.

OLD TIMES GINGERBREAD.

Flour	1 lb.
Margarine (or bacon dripping) ...	6 ozs.
Sugar	4 ozs.
Almonds	2 ozs.
Candied Peel	2 ozs.
Ground Ginger	¾ oz.
Mixed Spice	1 teaspoonful
Carbonate of Soda	½ teaspoonful
1 Egg	
LYLE'S GOLDEN SYRUP ...	4 tablespoonfuls (about 8 ozs.)

Cut the almonds and candied peel, mix these with the ginger, spice and flour, slightly warm the Syrup, margarine and sugar, beat to a cream, add the egg, dissolve the soda in a little milk, add all together, well mix, bake in a slow oven for about two hours, taking care not to shake or cool when in the oven.

GINGERBREAD CAKE.

Flour	½ lb.
Margarine	3 ozs.
Sugar	1 oz.
Candied Peel	1 oz.
Salt	A pinch
Ground Ginger	1 teaspoonful
Carbonate of Soda	½ teaspoonful
Milk	½ cupful
Half an Egg	
LYLE'S GOLDEN SYRUP ...	½ lb. (4 tablespoonfuls)

Slightly warm the margarine, sugar and Syrup and beat to a cream and add the Egg, mix in the other dry ingredients and dissolve the soda in a little milk, well mix the whole, place in a greased tin and bake in a fairly slow oven for about an hour.

If a darker colour is preferred this can be obtained by adding a little burnt sugar.

CINNAMON GINGERBREAD.

Flour	¾ lb.
Butter or Margarine	6 ozs.
Sugar	3 tablespoonfuls
Cinnamon	2 teaspoonfuls
Mixed Spice	1½ teaspoonfuls
Ground Ginger	1½ teaspoonfuls
Carbonate of Soda	A small teaspoonful
2 Eggs	
Milk	A small teacupful
LYLE'S GOLDEN SYRUP	2 large tablespoonfuls (4 to 5 ozs.)

Beat butter and sugar together, add eggs, milk and Syrup, dissolve the soda in a little milk and add same with all the dry ingredients, mix well, and bake in a moderate oven for about two hours.

LIGHT GINGER CAKE.

Flour	½ lb.
Ground Rice	2 tablespoonfuls
Butter	2 ozs.
Sugar	2 ozs.
Ground Ginger	1 teaspoonful
Baking Powder	1 teaspoonful
1 Egg	
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Beat the butter and sugar together to a cream, add the egg, again beat it, then mix in all dry ingredients, finally adding the Syrup.

Bake in a slow oven for about one hour.

FRUIT GINGER CAKE.

Flour	1 lb.
Sugar	¼ lb.
Margarine	4 ozs.
Raisins	3 ozs.
Lemon Peel	½ oz.
Ground Ginger	1 level tablespoonful
Carbonate of Soda	½ teaspoonful
Essence of Lemon	5 drops
1 Egg	
Milk	1 tablespoonful
LYLE'S GOLDEN SYRUP ...	3 tablespoonfuls (about 6 ozs.)

Cut the lemon peel and mix same with the flour, raisins and ginger, beat the sugar and margarine to a cream, and add the egg, dissolve the soda in the milk, add this and the Syrup to the whole, mix in the essence of lemon and beat well together, and bake for one and a half hours.

ICED COFFEE CAKE.

Flour	¼ lb.
Margarine	2 ozs.
Caster Sugar	1 oz.
Baking Powder	1 small teaspoonful
Chopped Lemon Peel	½ oz.
1 Egg	
Coffee Essence	2 teaspoonfuls
LYLE'S GOLDEN SYRUP ...	1 tablespoonful (about 2 ozs.)

Beat the margarine, sugar and Syrup to a cream, add the egg, again beat and mix in all dry ingredients, finally adding the coffee. Well stir the whole, and pour in a flat greased tin and bake in a moderate oven for half an hour. Allow the cake to cool and then ice with coffee icing, made as per recipe on page 39, decorating it with baked chopped almonds if desired.

SODA CAKE.

Flour	½ lb.
Margarine	3 ozs.
Sugar	2 ozs.
Currants	4 ozs.
Candied Peel	1 piece
Milk	½ teacupful
1 Egg	
Carbonate of Soda	½ teaspoonful
Vinegar	½ teaspoonful
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Mix the margarine, sugar, vinegar and Syrup together, beat in the egg, to this add the flour currants and peel, dissolve the soda in the milk, and finally add this; beat the whole together thoroughly, put into a greased tin and bake for an hour.

GINGER DROP CAKES.

Flour	½ lb.
Butter or Margarine	2 ozs.
Caster Sugar	2 ozs.
1 Egg	
Ground Ginger	1 teaspoonful
Mixed Spice	½ teaspoonful
Carbonate of Soda	½ teaspoonful
Milk	2 tablespoonfuls
LYLE'S GOLDEN SYRUP ...	3 tablespoonfuls (about 6 ozs.)

Rub the sugar and butter to a cream, beat the egg and add same, mix in the flour, ginger and spice and to this add the Syrup, dissolve the soda in the milk and well mix all together. Put the mixture into small fancy tins or patty tins well greased, and bake for half to three-quarters of an hour.

If preferred, the ginger can be omitted and a little essence of lemon substituted.

SCHOOL CAKE.

Flour	4 ozs.
Oatmeal	2 ozs.
Margarine	2 ozs.
Sugar	1 oz.
Currants	2 ozs.
Nutmeg	A little grated
Baking Powder	1 teaspoonful
Salt	A pinch
Lemon Peel	½ oz.
1 Egg	
Milk	½ teacupful
LYLE'S GOLDEN SYRUP ...	1 tablespoonful (about 2 ozs.)

Beat margarine and sugar to a cream, whisk the egg, add same, and mix in all dry ingredients, using sufficient milk to bring it to the required consistency. Well mix, and pour into a greased tin and bake for half an hour.

This cake is improved by spreading it over with the Water Icing soon after its removal from the oven. *See* page 39.

HOUSEHOLD FRUIT CAKE.

Flour	1 lb.
Butter or Margarine	6 ozs.
Sugar	3 ozs.
Raisins	2 ozs.
Sultanas	2 ozs.
Currants	2 ozs.
Candied Peel	2 ozs.
Rind of a fresh Lemon, grated	
Mixed Spice	A pinch
2 Eggs	
Baking Powder	1 dessertspoonful
Milk	½ teacupful
LYLE'S GOLDEN SYRUP ...	2 tablespoonfuls (about 4 ozs.)

Beat the butter and sugar to a cream, stir in the eggs, add the flour, fruit and spice and mix well, then add the Syrup and milk, and finally the baking powder ; beat well, pour into greased tin and bake for an hour and a half.

CHOCOLATE CAKE (WITH ICING).

Flour	¼ lb.
Caster Sugar	2 ozs.
Butter or Margarine	¼ lb.
Fine Soluble Cocoa ... ... (Van Houten's or similar)	A teaspoonful
1 Egg	
Baking Powder	½ teaspoonful
LYLE'S GOLDEN SYRUP ...	1 tablespoonful

Beat the butter, sugar and Syrup to a cream, add the egg and beat well, then add the flour, dissolve the cocoa in a teaspoonful of hot water or milk, and add to the whole. This should be well beaten.

Lastly add Baking Powder. Mix well, pour in a greased tin and bake in a moderate oven for three-quarters of an hour.

If made in a flat tin it can be iced by using Chocolate Icing Recipe given on page 39 and the cake can be decorated with shelled walnuts if desired.

Better results can be obtained if the white of egg is beaten on a plate with a knife and added last.

RICH CHRISTMAS CAKE.

Flour	¾ lb.
Butter	½ lb.
Sugar (Tate's Caster)	½ lb.
Currants	1 lb.
Sultanas	⅓ lb.
Candied Peel	½ lb.
Chopped Almonds	2 ozs.
Ground Almonds	¼ lb.
Carbonate of Soda	½ teaspoonful
3 Eggs	
Mixed Spice	1 teaspoonful
LYLE'S GOLDEN SYRUP ...	1 tablespoonful (about 2 ozs.)

Beat the sugar, butter and Syrup to a cream, add the eggs one at a time and beat well with each addition ; mix the flour, spice, peel, fruit and almonds together and add to the above ; lastly, add the soda dissolved in a little milk ; well mix the whole and pour into a greased and papered tin, and bake in a slow oven for two to three hours.

This can be iced by levelling the top of cake and brushing over with white of egg and icing with the Almond Icing given on page 40 and then with the Sugar Icing on page 40.

FAIRLOP TARTS.

Flour	½ lb.
Lard or Butter	¼ lb.
Caster Sugar	1 oz.
Cake Crumbs (or Bread Crumbs)	4 ozs.
Sugar (Tate's Caster)	1 oz.
Butter	2 ozs.
Currants	1 oz.
1 Egg	
Baking Powder	½ teaspoonful
LYLE'S GOLDEN SYRUP ...	1 tablespoonful (about 2 ozs.)

Make the pastry by rubbing the lard (or butter) into the flour and 1 oz. of sugar, and working it into a stiff paste with cold water ; roll out to ¼-in. thickness in usual way. Cover some greased tart tins with same and place a piece of bread in each, half bake them, and, meantime, make a mixture as follows :—Beat the Golden Syrup and butter to a cream, to this add the egg and mix in the cake (or bread) crumbs, currants, baking powder and 1 oz. caster sugar, stir these together. Then remove the bread from the pastry and pour in the mixture. Replace in the oven for about 20 minutes.

OATMEAL GINGERBREAD.

Flour	12 ozs.
Oatmeal (medium) ...	4 ozs.
Butter or Margarine ...	6 ozs.
Sugar	4 ozs.
Candied Peel (chopped)...	3 ozs.
Ground Ginger	2 heaped teaspoonfuls
Mixed Spice	1 heaped teaspoonful
Bicarbonate of Soda ...	½ teaspoonful
1 Egg	
LYLE'S GOLDEN SYRUP ...	3 tablespoonfuls (about 6 ozs.)

Beat the butter and sugar to a cream, beat the egg and add same with Golden Syrup, mix all other ingredients except soda and add same; finally put the soda in two tablespoonfuls of milk and add to the whole, and thoroughly mix.

Bake in a moderate oven for about one hour.

SCHOOL GINGERBREAD.

Flour	1 lb.
Butter or Margarine	3 ozs.
Ground Ginger	2 teaspoonfuls
Crystallised Ginger (chopped)	2 ozs.
Carbonate of Soda	1 teaspoonful
Essence of Lemon	20 drops
LYLE'S GOLDEN SYRUP ...	1 lb.

Rub the flour and butter together and add the ginger; warm the syrup and add same, also add the essence; dissolve the soda in a teacupful of warm milk and water (or hot water) and mix well.

Bake for about two hours in a very slow oven.

TOFFEE.

Granulated Sugar	½ lb.
Butter	1 oz.
Vinegar	1 teaspoonful
Lyle's Golden Syrup ...	2 tablespoonfuls

Put the whole in a saucepan with a tablespoonful of water and boil quickly for 10 to 15 minutes, or until a little hardens when dropped in cold water.

Pour in a greased tin and allow to cool.

COCOANUT ICE.

Tate's Cube Sugar	1 lb.
Desiccated Cocoanut	½ lb.
Milk	¼ pint (or 6 tablespoonfuls)

Pour sugar and milk into a saucepan and boil for 3 minutes. Remove from the fire and stir in the cocoanut, thoroughly mixing same. Place a piece of greaseproof paper in a tin and pour on the mixture.

Half of the mixture may be taken and coloured pink if desired by adding a few drops of cochineal.

WATER ICING FOR CAKES.

Tate's Icing Sugar.

Take 4 tablespoonfuls of Tate's Icing Sugar to 1 dessertspoonful of water and mix in a basin. While the cake is warm spread the Icing mixture over it.

CHOCOLATE ICING FOR CAKES.

Tate's Icing Sugar	¼ lb.
Cocoa (Van Houten's or similar)	1 dessertspoonful

Mix the cocoa with 1 tablespoonful of boiling water, add the sugar until dissolved and pour over the cake while warm.

COFFEE ICING.

Tate's Icing Sugar	4 tablespoonfuls
Coffee Essence	2 teaspoonfuls

Mix the Icing sugar with 1 teaspoonful of water and add the coffee essence and spread while the cake is warm.

ALMOND ICING FOR RICH CAKES.

Ground Almonds ... ... ½ lb.

Tate's Icing Sugar (or Tate's Pulverized Sugar)... ... ½ lb.

1 Egg

Mix together to a firm paste, roll out to about ½ inch thickness to the size required and place on the cake after it has been trimmed to receive it; let it stand to dry for a day, and afterwards cover with sugar icing as per next recipe.

SUGAR ICING.

Tate's Icing Sugar ... ... 1 lb.

The whites of 2 Eggs

A few drops of Lemon Juice

Thoroughly sift the sugar to avoid any lumps, beat the whites of eggs with a knife on a plate to a stiff froth and gradually mix in the sugar and lemon juice. Spread the sugar icing over the almond icing with a knife which is frequently dipped in hot water, allow to harden, and decorate as desired with icing pipes. (The mixture for use through an icing pipe may require to be a little thicker than that spread with a knife.)

TOMATO CHUTNEY.

Green Tomatoes	3½ lbs.
Currie Powder	1 dessertspoonful
Apples	½ lb.
Vinegar	1 quart
Sultanas	½ lb.
Cayenne	1 teaspoonful
4 Onions (medium size)	
Mustard	2 tablespoonfuls
Allspice	1 teaspoonful
Cloves	1 teaspoonful
Chillies	1 teaspoonful
LYLE'S GOLDEN SYRUP	1 lb.

Slice the tomatoes and onions, sprinkle them with salt, and leave them to stand for 12 hours, then drain.

Put the vinegar, syrup, mustard and spices into a saucepan and boil. Take the tomatoes, onions, apples, and sultanas, and put through a mincing machine, add to the boiling mixture and boil for half an hour to an hour or until soft.

(If a darker colour is preferred, a little gravy colouring or burnt sugar may be added.) Put into jars and tie, and stick down with greaseproof paper so that they are airtight.

VANILLA ICE CREAM.

Cream	½ pint
Milk	½ pint
Yolk of one Egg	
Juice of half a Lemon	
Vanilla Essence	A few drops
LYLE'S GOLDEN SYRUP	2 tablespoonfuls

Mix yolk of egg and Syrup together, add all other ingredients, make it hot in a double saucepan (or a jug stood in a saucepan of hot water), well stirring all the time. Then pass through a sieve and when cold, freeze.

This can also be made at less cost by using all milk instead of half cream and half milk.

An inexpensive freezing apparatus can be made by taking two empty LYLE'S GOLDEN SYRUP tins, one of the 4 lb. size and one of the 1 lb. size, and after carefully cleaning the inside of the latter, put the cream mixture therein and securely fasten down the lid. Place the smaller tin inside the larger one and pack the remaining space tightly with broken ice and freezing-salt. Put the lid on and roll backwards and forwards on the floor for twenty to thirty minutes, occasionally taking it up and shaking well.

TABLE OF EQUIVALENT MEASURES AND WEIGHTS.

1 Breakfastcupful of fluids equals, approximately	... ...	½ pint
1 Teacupful ,, ,, ,,	... ...	¼ pint
3 Tablespoonfuls ,, ,, ,,	... ½ teacupful or	⅛ pint
1 Teacupful of flour or chopped suet equals about	... ...	¼ lb.
1 Small teacupful of sugar ,, ,,	... ...	¼ lb.
1 Teacupful of butter ,, ,,	... ...	¼ lb.
1 Teacupful of bread crumbs ,, ,,	... ...	2 ozs.
1 Tablespoon completely full of GOLDEN SYRUP equals about	... ...	2 ozs.
1 Heaped tablespoonful of flour or chopped suet ,, ,,	... ...	1 oz.
1 Level tablespoonful of sugar ,, ,,	.. ...	1 oz.
1 Level tablespoonful of butter ,, ,,	... ...	1 oz.

1 Dessertspoonful equals half a tablespoonful

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